The cardiovascular lab course is designed for those people who desire a cardiovascular workout using a combination of stationary bikes, treadmills, elliptical, and rowing machines. This is suited for men and women of all age groups who are interested in achieving a maximal level of cardiovascular fitness. UC credit limitations. See counselor.

**JUSTIFICATION FOR COURSE:**

PREREQUISITES:

COREQUISITES:

ADVISORIES:

**ASSIGNED DISCIPLINES:**
Physical education

**MATERIAL FEE:** Yes [X] No [ ] Amount: $5.00

**CREDIT STATUS:** Noncredit [ ] Credit - Degree Applicable [X] Credit - Not Degree Applicable [ ]

**GRADING POLICY:** Pass/No Pass [X] Standard Letter [ ] Not Graded [ ] Satisfactory Progress [ ]

**OPEN ENTRY/OPEN EXIT:** Yes [ ] No [X]

**TRANSFER STATUS:** CSU Transferable[ ] UC/CSU Transferable[X] Not Transferable[ ]

**BASIC SKILLS STATUS:** Yes [ ] No [X] LEVELS BELOW TRANSFER: Not Applicable

**CALIFORNIA CLASSIFICATION CODES:** Y - Not Applicable

**NON CREDIT COURSE CATEGORY:** Y - Not applicable, Credit Course

**OCCUPATIONAL (SAM) CODE:** E

**REPEATABLE ACCORDING TO STATE GUIDELINES:** No [X] Yes [ ] NUMBER REPEATS:

**REQUIRED FOR DEGREE OR CERTIFICATE:** No [ ] Yes [X]

Associate in Arts: Liberal Arts: Emphasis in Social Behavior and Self-Development(Associate in Arts)
Physical Education and Health(Associate in Arts)

**GE AND TRANSFER REQUIREMENTS MET:**

COURSE LEVEL STUDENT LEARNING OUTCOME(S) Supported by this course:

1. produce and evaluate a written record of his or her program.
2. measure and interpret his or her exercise heart rate.
3. analyze and describe a beneficial cardiovascular workout.
4. identify and demonstrate correct stretching techniques.
COURSE OBJECTIVES:
1. Demonstrate correct stretching techniques
2. Analyze and describe a beneficial cardiovascular workout
3. Calculate their exercise heart rate
4. Maintain and evaluate a written record of his/her program
5. Conclude the benefits of his/her own participation
6. Correctly use lab equipment to the benefit of their own fitness

COURSE CONTENT:

LECTURE CONTENT:

LABORATORY CONTENT:
1. Orient students to class procedures
2. Pre-workout stretching
3. Introduction to cardiovascular equipment
4. Cardiovascular training by using equipment for a fixed period of time
5. Take exercise heart rate levels and conclude appropriate participation level
6. Optional tests (for which arrangements may be made):
   a. Blood tests for lipoprotein ratio and cholesterol count
   b. Cardiovascular endurance performance test

METHODS OF INSTRUCTION:

A. Lab:
B. Tutoring – noncredit:
C. Audio – One Way:
D. Independent Study:

INSTRUCTIONAL TECHNIQUES:

COURSE ASSIGNMENTS:

Writing Assignments
The student will:
1. Demonstrate correct use of equipment in the lab
2. Be evaluated on the written record of his/her program
3. Be required to practice the listed objectives

Out-of-class Assignments
Assessment of individual fitness level and conclude need for continued participation

METHODS OF STUDENT EVALUATION:

Written Assignments
Problem Solving Exercises
Skills Demonstration

Demonstration of Critical Thinking:
The student will be able to:
1. Evaluate their cardiovascular improvement
2. Appraise current fitness level and devise program for further participation and improvement
3. Calculate their working and training heart rate (for age, etc.)
4. Value benefits derived in relationship to lifetime cardiovascular fitness
Required Writing, Problem Solving, Skills Demonstration:

The student will:
1. Demonstrate correct use of equipment in the lab
2. Be evaluated on the written record of his/her program
3. Be required to practice the listed objectives

TEXTS, READINGS, AND RESOURCES:

Other:
1. Appropriate work-out clothing

LIBRARY:

Adequate library resources include:

Comments:

Attachments:

Attached Files